

# Diabetes in the Northern Kentucky Area Development District

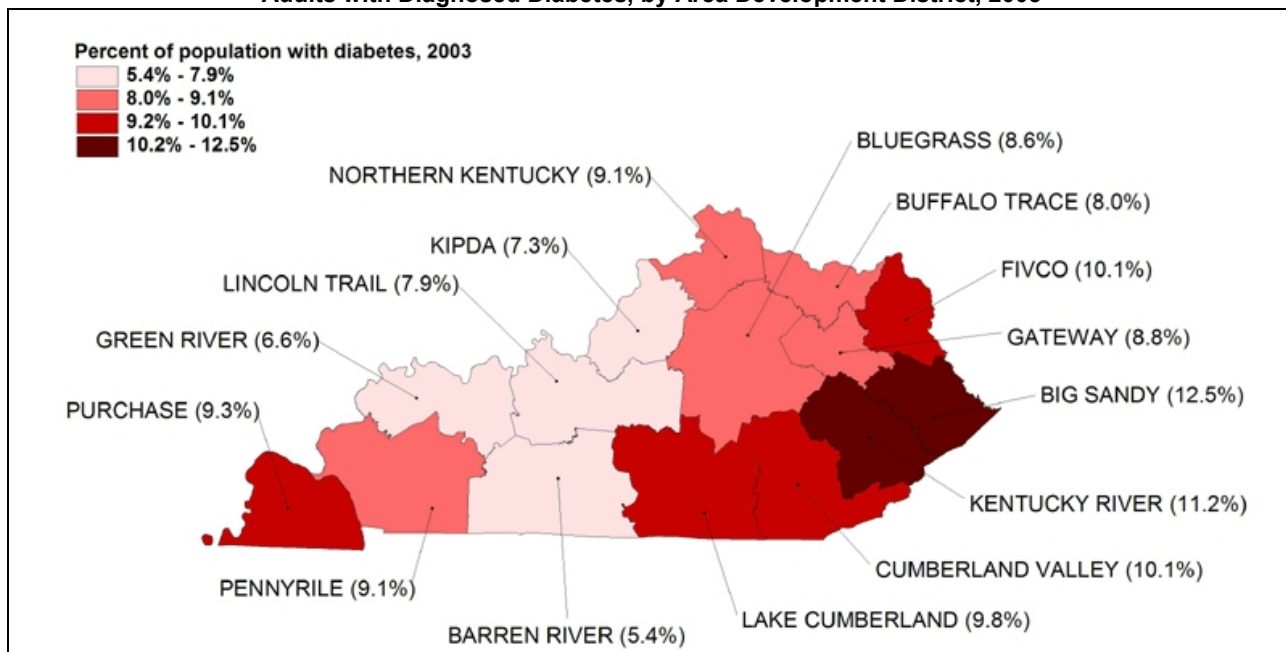
2005

## DIABETES IS COMMON

### Prevalence

The prevalence of diagnosed diabetes among adults in the Northern Kentucky Area Development District (ADD) was 9.1% in 2003. For comparison, the Kentucky statewide prevalence was 8.5% in 2003.

Adults with Diagnosed Diabetes, by Area Development District, 2003



### At Risk for Diabetes

Obesity and lack of physical activity are risk factors for developing diabetes.

Reported Risk Factors among Adults, 2003

Risk Factor	Northern Kentucky	Kentucky	US
No leisure physical activity in the past month	26.4%	30.6%	23.1%
Obese (based on reported height and weight)	23.6%	25.6%	22.8%

## DIABETES IS SERIOUS

### Mortality

Diabetes was the 6<sup>th</sup> leading cause of death in Kentucky in 2002, and the 5<sup>th</sup> leading cause of death by disease. Northern Kentucky ranked 2<sup>nd</sup> among the 15 ADDs for the highest rate of mortality due to diabetes.

Diabetes Mortality

	2000		2001		2002	
	Number of Deaths	Rate*	Number of Deaths	Rate*	Number of Deaths	Rate*
Northern Kentucky	117	35.0	122	35.8	133	38.6
Kentucky Total	1,054	26.5	1,048	25.9	1,257	31.0

\*Age-adjusted rate per 100,000

### End-Stage Renal Disease (ESRD)

Diabetes is the leading cause of ESRD in Kentucky as well as the nation. At the close of 2004, Kentucky had 1,519 diabetes-related ESRD patients, accounting for 41% of all ESRD patients in the state. Northern Kentucky had 169 diabetes-related ESRD patients, accounting for 48% of all ESRD patients in that ADD.

## Hospitalizations

- Hospitalizations are coded with one primary diagnosis and up to nine secondary diagnoses. Diabetes and its related complications can be coded as either primary or secondary.

**Diabetes-Related Hospitalizations (Primary or Secondary Diagnosis)**

	<b>Kentucky</b>		<b>Northern Kentucky</b>	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
<b>2000</b>	79,307	15.7%	4,286	16.5%
<b>2001</b>	91,088	16.2%	7,068	15.9%
<b>2002</b>	96,320	16.5%	7,594	16.5%

\*percent of total hospitalizations in ADD or State

**Diabetes-Related Lower Extremity Amputations (Primary or Secondary Diagnosis)**

	<b>Kentucky</b>		<b>Northern Kentucky</b>	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
<b>2000</b>	1,141	1.4%	68	1.6%
<b>2001</b>	1,197	1.3%	101	1.4%
<b>2002</b>	1,180	1.2%	105	1.4%

\*percent of total hospitalizations in ADD or State

## DIABETES IS CONTROLLABLE

**Reported Preventive Care Practices Among Adults with Diabetes, Kentucky 2000-2003**

Preventive Care Practice	Northern Kentucky	Kentucky	US 2003
Saw a health professional for diabetes $\geq 1$ time in the past year	94%	94%	90%
Ever taken a course or class in how to manage diabetes	58%	45%	51%
Checked blood glucose $\geq 1$ time per day	54%	60%	57%
Received a dilated eye exam in the past year	71%	71%	68%
Ever told by a doctor that diabetes has affected your eyes or that you had retinopathy	28%	27%	22%
Received a foot exam $\geq 1$ time in the past year	65%	63%	69%
Checked feet for sores at least once per month	87%	90%	87%
Had a foot sore that lasted more than 4 weeks	12%	13%	13%
Received a flu vaccination in last year*	64%	54%	56%
Ever received a pneumonia vaccine*	47%	43%	48%
Had A1C checked $\geq 1$ time in the past year	79%	70%	76%
“Don’t Know” or “Never Heard of A1C”	8%	21%	14%

\*Question not included in 2000 survey and reflects a three-year average

Note: Respondents from unknown counties were excluded.



**Data Sources:** Prevalence, risk factors, preventive care practices - Behavioral Risk Factor Surveillance System, KY Department for Public Health (KDPH), Surveillance and Health Data Branch; Mortality - KDPH, Surveillance and Health Data Branch; Hospitalizations - Kentucky Inpatient Hospitalization Claims, KDPH, Health Policy Development Branch; ESRD - The Renal Network, Inc.

